

Tulalip dx̣'łilap

"The Greens of the Earth"

Garden Newsletter

January 2012



"The goodness of what this garden symbolically represents embraces the goodness of the people. We have created an environment which is less stress and fills an empty place in our hearts which only family and friends can fill. The volunteers are great and they believe in what we are doing here too. Our hands go up to everyone who has made this 1st year of gardening a true success!"

— Inez Bill, Rediscovery Coordinator



"Gardening Together
as Families at the
Hibulb Cultural Center"



This Month in the Garden

We harvested Kale and Swiss Chard

These leafy green vegetables are very cold hearty this time of year. We have been fortunate at Hibulb Cultural Center to have these vegetables so fresh for us to use in our meals. As an experiment, we covered some of these plants in our raised bed hoopouses and we left some outside in the cold. I'm happy to report they all did very well, covered or not.

If you have not tried these "Greens Of The Earth" vegetables, you should give them a try. Listed below are some practical ways to use them.

The nutritional differences between Kale and Swiss Chard

Kale and Swiss Chard are two varieties of cooking greens. Curly leaved Kale is often added to potato recipes, and is a member of the cabbage family. Typical Swiss Chard has thick, dark leaves and a flavor similar to spinach. It is actually a type of beet that has been bred to grow stalks with juicy leaves instead of thick roots like a beet. In some parts of the world Swiss Chard is called silverbeet.

Kale is a good source of fiber, calcium and iron and is also an excellent source of vitamins A and C.

How to use Kale in your everyday meals: If you are a beginner user with Kale, try cutting it up real fine and putting it in most any soup. The flavor is not overpowering but mild. Use it in green salads.



Kale



Swiss Chard

Swiss Chard stands out in its sodium content, however. Even when prepared with no added salt, Swiss Chard contains 313 micrograms of sodium, so you will want to avoid adding any extra salt to a dish containing this vegetable. Like Kale, Swiss Chard is an excellent source of vitamin A, vitamin C, and of calcium. Swiss Chard is the best iron source of the two types of greens.

There is also Chard Rainbow, sometimes sold under the name "Bright Lights," this is a mixture of chard varieties with red, orange, yellow or white colored stalks. You can use this highly nutritious rainbow chard as you would spinach. The mildly flavored leaves can be served raw, lightly steamed or boiled, and the crisp stalks can be sauteed or stir fried.

How to use Swiss Chard in your everyday meal: Look for these brightly colored vegetables in the grocery stores, it adds color and flavor to almost any meal. This can be used in salads but if you cook it on the stove, it is best eaten when hot. Try using it sauteed with olive oil, onions and garlic over meat or fish.

Chard and Wild Rice Salad

Provided by Puget Consumer's Co-op

Leafy greens like Chard and Kale are a great way to get essential minerals and vitamins into your diet. This salad is full of color and is layered with powerful flavors. Inspired by the Puget Consumer's Co-op, a natural foods store in the Seattle area where this beautiful mixture of vegetables is extremely popular.

2- ½ cups water or chicken stock
2 tablespoons butter
1 teaspoon sea salt, divided
1 cup wild rice
¼ cup lemon juice
¼ cup olive oil
1 clove garlic, minced
½ cup chopped fennel bulb, core removed
½ red or yellow pepper, diced
½ cup chopped red cabbage
½ cup chopped italian parsley
2 cups very finely chopped dark leafy greens
(6 to 7 leaves of chard or kale)
Salt and lemon to taste

Bring water to a boil. Add butter, ½ teaspoon of the salt, and rice. Bring to a boil again, cover, lower heat, and simmer 60-65 minutes. Make sure all of the water is absorbed by tipping the pan to one side to check for pooled liquid.

Combine lemon juice, olive oil, garlic, and remaining ½ teaspoon salt in a large serving bowl. Add fennel, red pepper, cabbage, parsley, and greens and toss thoroughly.

Once the rice is fully cooked, cool until it ceases steaming but is still warm, then place it on top of the dressed vegetables. When the rice cools to room temperature, toss it with the vegetables. Taste the salad and adjust seasoning; some extra salt and /or lemon may be required. Garnish with cheese, if desired.

Cook time: 1 hour 15 minutes, Serves: 6-8

Recipes from the Garden Kitchen

Everyone agreed the food from our last Garden Gathering of the Season was excellent.



←
Gene cooking in
the kitchen.
Thanks Gene!

A special thank you to

Gene Enick for making us our elk stew, and to Valerie Segrest, a native nutrition educator and co author of ***"Feeding the People, Feeding the Spirit"*** book, who generally attends our gatherings from Muckelshoot, and provides recipes.

Our garden
participants really
enjoyed this recipe! ↘

Valerie's Apple and Rosehip Cider

Provided by Valerie Segrest

- 6 whole cloves
- 2 cinnamon sticks
- 1- 3 inch orange rind
- 3 tablespoons rose hips
- 8 thinly sliced pieces of fresh ginger root
- 8 cups unfiltered apple cider

Rosehips are high in vitamin c and make them good for immunity and for a delicious way to keep a cold away!

Try a simple version- buy rosetip tea and steep it in the hot cider for 10 minutes. This is good too.



Buckskin Bread

Provided by Spirit of the Harvest: North American Indian Cooking

Buckskin Bread is a healthier version of fry bread. Flour was introduced as a commodity food and was not traditionally eaten. However, it has become an important cultural food. Whole wheat flour works well in this recipe.

- 2 cups unbleached flour or,
one cup whole wheat flour and 1 cup unbleached flour
- 1 teaspoon baking powder
- 1 teaspoon salt
- 1 cup water

Preheat oven to 400 degrees. Sift dry ingredients into a mixing bowl. Quickly mix in the water. Press dough into a greased 9-inch pie plate. Bake bread for about 30 minutes until very lightly browned on top. Turn bread out and let cool on rack. Makes 1 loaf.

Cook time: 45 minutes, Serves: 6



Winter Garden Tips

Things to accomplish in the garden during the months of December and January

- Don't forget to water plants under the eaves, especially if the plants are getting early morning sun.
- So long as the ground isn't frozen, it is still OK to transplant or plant trees and shrubs.
- Hunt for slugs and their pearly egg clusters.
- Consider tiding up garden beds and border around the house before the winter rains come and make everything soggy to handle.

At the Hibulb Garden, we will be putting down bags of compost and steer manure in the garden for winter protection.

We decided, 2 bags of compost and 1 bag of steer manure for each bed should give us the protection we need thru spring.



How to clean and store gardening tools for the winter

Article edited from a piece written by Frank Sargent, Washington State University, Snohomish County Master Gardener



Putting garden tools away properly for the winter can add years to the life of your equipment. Your tools will be protected from rust and wear, and better yet, they'll be ready to go the moment spring fever hits on that first balmy day next year.

Tip: Never leave garden hoses outside over the winter, as this dramatically increases their chances of springing leaks. Instead, drain the hoses at the end of the season and hang them in a garage or other protected spot until spring.

1. Scrape off any excess mud or dirt.
2. Wipe off the tool with an old rag and let it dry thoroughly.
3. Remove any rust by rubbing it vigorously with a small piece of steel wool. (Be sure to wear gloves.)
4. Sharpen the tool, if it has a sharp portion (this includes spades), with a file made especially for sharpening tools.
5. Condition wooden handles by sanding any rough or splintery portions with sandpaper.
6. Spray metal parts with a penetrating lubricating oil to protect from rust.
7. Store in a dry spot.

Garden Gathering 2010 Overview

We surveyed our participants at the end of our garden project for feedback. We wanted to know key information which would help us determine the success of the project and help us to layout our plan for the future. Here is what our garden families told us:

"It was a beautiful time from start to finish. Enjoyed every minute. We laughed, we learned and we enjoyed."

"I loved watching my children's interest in watering and caring for the plants. I believe plants can teach children a lot about the earth, their culture and how to have compassion to care for another living being."

"As a diabetic it has opened my eyes to eating more healthy options. I even quit going thru fast food drive-ins."

"It has been wonderful to see all the ways this garden has grown. And as the garden has grown, the people have grown and a community has also grown."



Taking Action from lessons learned in 2011

- This year we will start and finish our gardening sessions from 10 - 2 pm. We will begin more promptly and have a craft or project for early birds and on -time birds to work on. We will make a conscience decision to start and end on time.
- Additional topics for this year - food preserving including dehydrating, pickling and canning was the number one topic requested followed by cooking classes, fruit trees and orchards development and care, greenhouse gardening, the art of composting, making soaps and lotions, bugs/wildlife and their habitat and crafts.
- Here is a quote from one attendee ***"I love the newsletters. When I miss a get-together, I always read them multiple times. Could you consider adding more of what is talked about into them. I really like reading them."*** So, in response to this request, expect our newsletter to lengthen in the future.

Additional Survey Findings

Everyone likes Saturdays or evenings followed by morning classes during the week.

Most everyone would like more exposure to diabetes awareness and prevention.

More on advanced garden practices, native foods and recipes with cultural practices.

2012 Garden Plans

- We will start the year with an evaluation of 2011 crops. This will help us to determine our 2012 plantings.
- We will have a large outdoor calendar with average temperatures, soil temperatures, crop rotations, etc.
- We will keep a garden journal and a visitor's guest book.
- To evaluate one of seed savers exchanges for endangered seeds.
- We will cover the topic of cultural application of native plants in the food system.
- We also had a couple of requests for pop-quizzes for fun.



Diabetes Prevention

Our #1 defense against becoming a diabetic: Exercise and Healthy Foods!

It is vital to the health of our tribal community to begin working on changes to slow down the rate of diabetes on the reservation. Begin with eating more fresh vegetables! See our next newsletter for more information on diabetes prevention, or contact the Tulalip Health Clinic at 360-716-4511.

For more information regarding contents of this newsletter please contact:

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The grant was made possible by the Tulalip Charitable Fund.

More of what's to come in 2012

Early this year, we will be offering **"Gardening Together as Families 2012"**, we hope many new families will come and enjoy the garden projects. We are planning many things this winter for the coming growing season. Next year, we will offer the garden gatherings to Tulalip Tribal members and their families, Patients of the Tulalip Health Clinic and employees of the tribe who have an interest in the culture and lifeways of the Tulalip people.

We look forward to seeing you at the garden in 2012!

New Garden Member

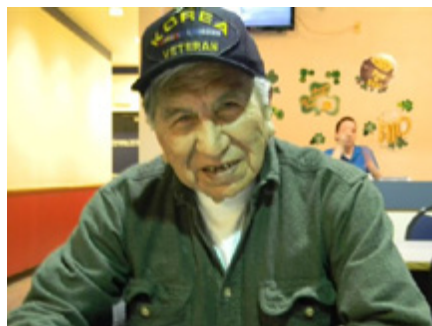
Walt is a newly added garden family member. He has been watching the garden develop this past year and he decided to come to our last gathering of the season! We look forward to seeing him around the garden this year too. Thanks Walt, for all your hard work!

Walt Campbell,
Tulalip Tribal Elder



How Our Newsletter Received It's Name

This is written with permission from Ray Moses / Te At Mus, Tulalip Elder



Ray Moses / Te At Mus, Tulalip Elder

It was a Monday at the Senior Center, when I had my first conversation with Ray Moses. He was sitting at the end of the table and asked me what I was doing there. I replied, I am from the health clinic and work in the diabetes program for Karen Fryberg. He said, **"Oh I know about diabetes, would you like to check my blood?"** I told him, I sure would if he would hold still for me. He laughed and cried out real loud when I pricked his finger. I liked this man, he made me laugh and we enjoyed each other's company. Then he started to tell me this story. He said, **"When I was a child my grandmother told me, We are people who eat of the fish of the sea and the greens of the earth."** Ray then said, **"Today, we are still people of the fish of the sea but we have forgotten the greens of the earth."** I asked him, **if he thought the people would eat the greens of the earth again? He quietly said, "I don't know....we live on a reservation with seven fast food restaurants... and we have a clown feeding our children."** I didn't say much more on this subject and he went on talking about his past. I enjoyed our time together that day because on this monday morning Ray and his grandmother spoke into my heart to remind the people **"Not to forget The Greens of the Earth."**

Story by Roni Leahy- Tulalip Health Clinic Diabetes Care and Prevention Program